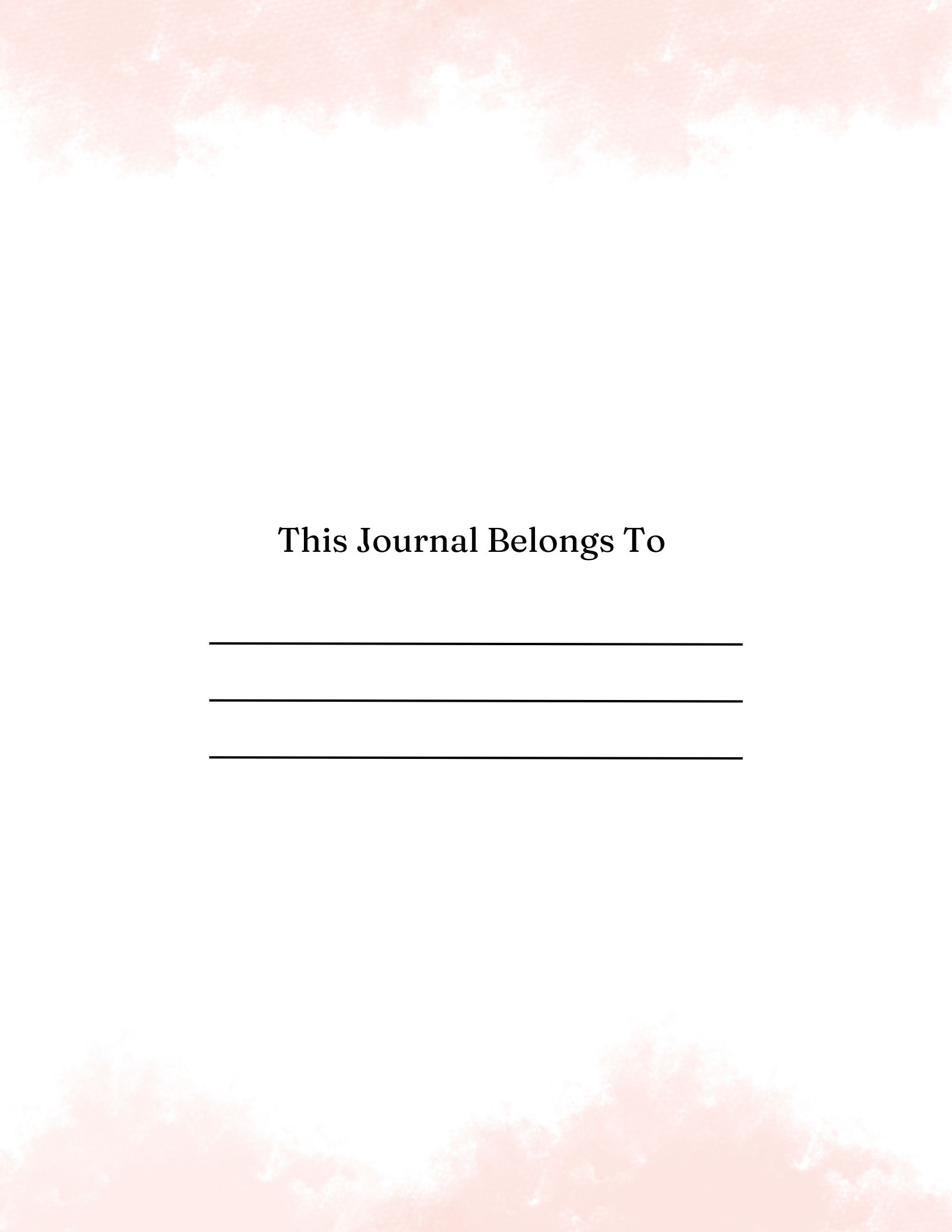


MY PREGNANCY *Journal*



The page has a light pink watercolor background with darker pink washes at the top and bottom edges.

This Journal Belongs To

I'm Pregnant

Due Date:

How I Found Out

My Reaction

What I am most excited about

Who I told First

What i want you to know

Medical Appointments

Date:

My Weight:

Questions to the Doctor

Appointment

To Do

Medication

Medication

Date

Time

Taken



Pregnancy Weight Tracker

Week-o2		Week-15		Week-28	
Week-o3		Week-16		Week-29	
Week-o4		Week-17		Week-30	
Week-o5		Week-18		Week-31	
Week-o6		Week-19		Week-32	
Week-o7		Week-20		Week-33	
Week-o8		Week-21		Week-34	
Week-o9		Week-22		Week-35	
Week-10		Week-23		Week-36	
Week-11		Week-24		Week-37	
Week-12		Week-25		Week-38	
Week-13		Week-26		Week-39	
Week-14		Week-27		Week-40	

Pre-Natal Vitamin Tracker

[illegible]

Fetal Movement

Week	S	M	T	W	T	F	S
Start Time:							
End Time:							
Estimated # Of Kicks							
What was Happening?							
Notes							

Week	S	M	T	W	T	F	S
Start Time:							
End Time:							
Estimated # Of Kicks							
What was Happening?							
Notes							

Week	S	M	T	W	T	F	S
Start Time:							
End Time:							
Estimated # Of Kicks							
What was Happening?							
Notes							

Hospital Bag

Mom

Dad

Baby

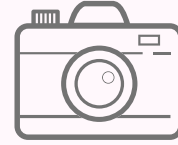
[illegible]

[illegible]

Week 02

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

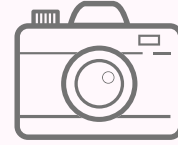
F

S

Week 03

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

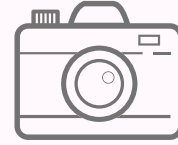
F

S

Week 04

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

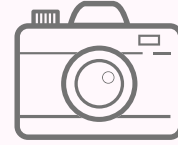
F

S

Week 05

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

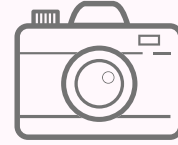
Vitamins	S	M	T	W	T	F	S

To Do List

Week 06

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

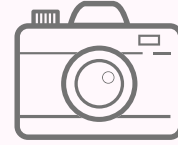
F

S

Week 07

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

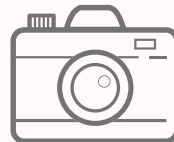
F

S

Week 08

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

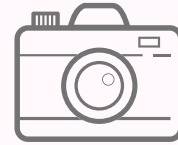
Vitamins	S	M	T	W	T	F	S

To Do List

Week 09

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

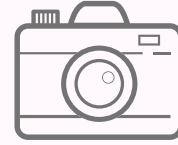
F

S

Week 10

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

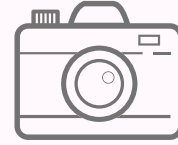
F

S

Week 11

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

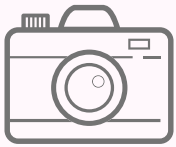
F

S

Week 12

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

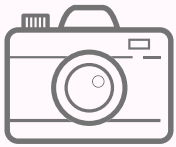
To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 13

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

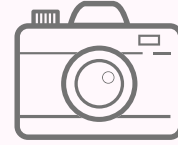
F

S

Week 14

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

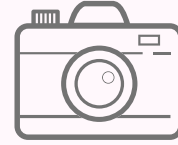
F

S

Week 15

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

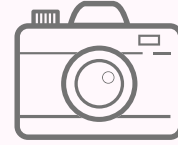
F

S

Week 16

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

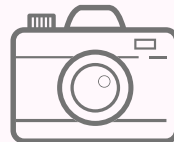
F

S

Week 17

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

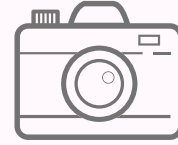
Vitamins	S	M	T	W	T	F	S

To Do List

Week 18

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

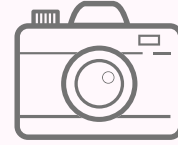
F

S

Week 19

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

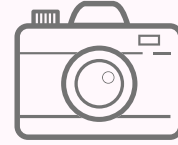
F

S

Week 20

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

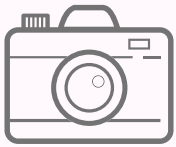
F

S

Week 21

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

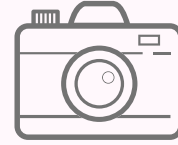
To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 22

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

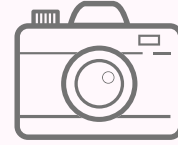
F

S

Week 23

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

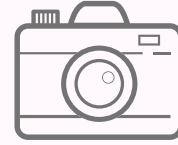
F

S

Week 24

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

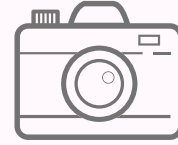
F

S

Week 25

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

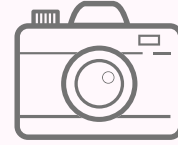
F

S

Week 26

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

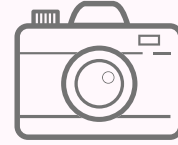
F

S

Week 27

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

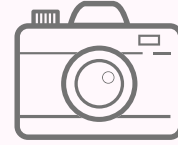
F

S

Week 28

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

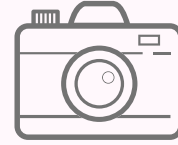
F

S

Week 29

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

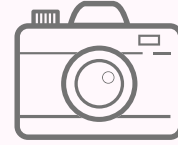
F

S

Week 30

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

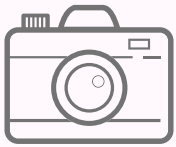
F

S

Week 31

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

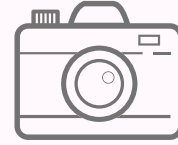
To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 32

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

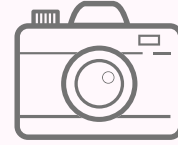
F

S

Week 33

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

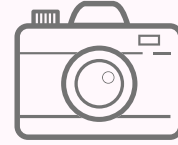
F

S

Week 34

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

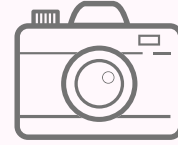
F

S

Week 35

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

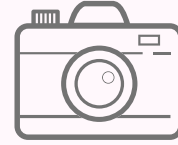
F

S

Week 36

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

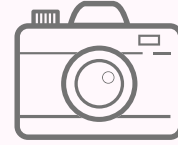
Vitamins	S	M	T	W	T	F	S

To Do List

Week 37

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

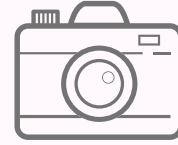
F

S

Week 38

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

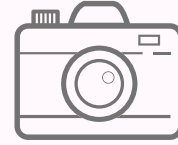
F

S

Week 39

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

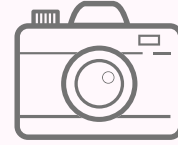
F

S

Week 40

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep

S

M

T

W

T

F

S

Mood

S

M

T

W

T

F

S

Vitamins

S

M

T

W

T

F

S

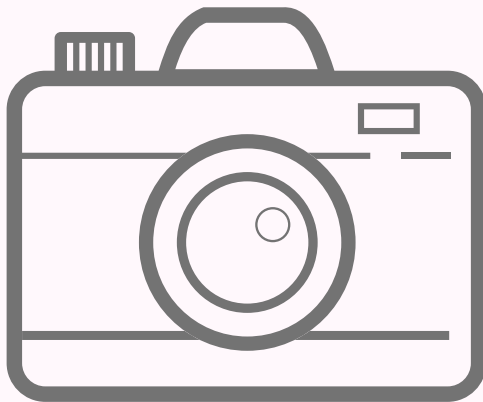
Welcome Little One

Name:

Time:

Height:

Weight:



Date of Birth:

Birth Plan

Admin Details		Medical Insurance	
Hospital		Company	
Contact Number		Policy	
Doctor		Policy Number	
Contact Number		Contact Number	

Birth Details			
Due Date		Induction Date	
Mom		Dad	

Preferred Labor & Delivery Plan			
Birth Type		Pain Relief	
Alternate Choice		Acceptable	
Mom's Blood Group		Allergies	

Ambiance:

Vibe	Lighting	Music

Baby Names Ideas

Top 5 Baby Names

1. _____
2. _____
3. _____
4. _____
5. _____

Notes

Baby Registry

[illegible]

Baby Budget

[illegible]

Baby Shower

Date:

Place:

Theme:

Guests Presents

Shopping List

Gift Log

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the bottom of the page, there is a decorative border featuring stylized red flowers or leaves. The overall appearance is that of a clean, unused piece of stationery.